



Prevention Program 2021 Class Schedule

Virtual via Webex @ 5 p.m. on scheduled Tuesdays

*Class location, date & time subject to change.

Struggle with obesity? Have or have had gestational diabetes?

Pre-disposed to diabetes through family history?

Have been told you are pre-diabetic or type 2 (T2) diabetic?

Anyone interested in helping to prevent diabetes, lose weight, learn nutrition & healthy dietary tips to improve health is urged to join this **FREE** program.

Registration not required. Class drop-ins welcome!

Jan. 5, 2021 @ 5 p.m. – Q&A

Jan. 12 – Introduction

Jan. 19 – Get Active

Jan. 26 – Track Your Activity

Feb. 2 – Eat Well to Prevent T2

Feb. 9 – Track Your Food

Feb. 16 – Get More Active

Feb. 23 – Burn More Calories Than You Take In

March 2 – Shop & Cook to Prevent T2

March 9 – Manage Stress

March 16 – Find Time for Fitness

March 23 – Coping & Triggers

March 30 – Keep Your Heart Healthy

April 6 – Take Charge of Your Thoughts

April 13 – Get Support

April 20 – Eat Well Away from Home

April 27 – Stay Motivated to Prevent T2

May 11 – When Weight Loss Stalls

May 25 – Take a Fitness Break

June 8 – Stay Active to Prevent T2

June 22 – Stay Active Away from Home

July 6 – More About T2

Aug. 3 – More About Carbs

Sept. 14 – Have Healthy Food You Enjoy

Oct. 5 – Get Enough Sleep

Nov. 2 – Get Back on Track

Dec. 7 – Prevent T2 – for Life!

**For more information,
call (662) 377-5767 or email
diabetesprevention@nmhs.net.**

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